

NORTHERN NETWORK NEWS

The Official Newsletter of MSU-Northern

February 20, 2015

This Week on Campus

MSU-Northern Announces Cross Country Coach

MSU-Northern's recent decision to start men's and women's cross country teams brought an immediate need for a coach, and so the search began. Northern found their perfect fit within Northern's own faculty. Assistant Professor of Health Promotion Chad Spangler will fill the position, and since the team will begin competing in the fall of 2015, he will begin recruiting immediately.

"I'm very pleased that Chad Spangler has accepted the position of head coach for our new men's and women's Cross Country teams. He's very qualified for the position and brings with him a high degree of professionalism," said MSU-Northern Chancellor Greg Kegel.

Together with his innate love for running, Spangler has in-depth training and experience to bring to the table. He has worked at multiple hospitals and health centers. He earned his bachelor's degree in interdisciplinary studies- biology from MSU-Northern, his master's in health and human performance - health promotion/psychology from the University of Montana, and his doctorate in public health - epidemiology from Walden University in Minneapolis, Minnesota.

The entire MSU-Northern family is eager to see this challenging sport make a mark in Northern's history. The implementation of the program, under Spangler's leadership, will bring solid students and strong athletes onto campus, bringing more pride and accomplishment to the MSU-Northern Lights.



SPEAK UP - REACH OUT



The Northern community is encouraged to wear turquoise or purple today to increase awareness in suicide prevention. Student Support Services is giving away turquoise and purple ribbons for those who want to show their support to this important awareness campaign.

Havre High School senior and Key Club President Hannah Pepprock has wanted to find a way to provide information to her peers about how to help a friend who has expressed suicidal thoughts. Hannah has spearheaded this campaign at the high school and has collaborated with the Hill County Local Advisory Council on mental health awareness (LAC) in order to reach the greater Havre community. Amber Spring, chair of the LAC and counselor with Student Support Services and Sherry Kegel, Director of Student Health Services, initiated a poster campaign on the MSU-N campus to share statistics about suicide relevant to college students and encourage them to "Speak Up and Reach Out". Amber and Sherry will be facilitating a discussion on how to talk to a friend who has expressed thoughts about suicide or has presented symptoms of depression as well as treatment options for depression in Morgan Hall at 7:00 pm on Tuesday February 24th. For more information, contact Amber at x 3783.



MSUN Diesel Graduate Receives Montana TRIO SSS Achiever Award

Student Support Services (SSS) is very happy to announce, in coordination with National TRIO Week, the 2015 Montana TRIO SSS Achiever awardee, Caralee Fortin. Fortin is a 2014 Diesel Technology: Equipment Management Option honors graduate. Fortin has been working at Havre's General Electric facility since shortly after graduation.

In her words, "As a single mother of two amazing sons and as a student at Montana State University Northern, the TRIO program was instrumental in my academic achievements. In the four years that I attended MSU-Northern, the TRIO program gave direction when I had none. I think of the wonderful people in the TRIO program here at MSU-Northern as family. They are instrumental in my success as a student and person overall. They helped me develop an educational fulfillment that I did not think was possible."

Fortin will accept her award at a breakfast in Helena on April the 10th. Caralee Fortin, you make Northern proud!

Pivotal Wrestling Tournament This Weekend - Feb 21



This Saturday, February 21, the Northern Lights wrestling team will be hosting a very important tournament. This competition is pivotal because of what's at stake- a chance to compete at the NAIA National Tournament. The top four will qualify for nationals in Topeka, KS. The competing teams are: Menlo College, UGF, Southern Oregon University, MSUN, Simpson University, Warner Pacific University, and Embry Riddle Aeronautical University.

The tournament will begin at 10 a.m., with finals beginning at 4 p.m. if time allows. Admission is \$10 for adults and \$8 for students, children, and/or seniors.

Upcoming Events

NATIONAL TRIO Week - Feb 23-27

Student Support Services invites the MSU-N community to join them in celebrating TRIO Week, February 23-27. According to the 1986 Congressional resolution, National TRIO Day is meant to focus the nation's "attention on the needs of disadvantaged young people and adults aspiring to improve their lives, to the necessary investment if they are to become contributing citizens of the country, and to the talent which will be wasted if that investment is not made."

TRIO Day has been proclaimed a "National Day of Service" and programs are encouraged to give back to their community and thank them for their support. Student Support Services staff will be hosting a chili lunch for their students on Wednesday February 25th from 11:00 am - 1:00 pm. Students, staff, and faculty will be asked to bring a donation for the Havre Food Bank (either a non-perishable food item or cash/check). For more information, contact Student Support Services at x 3783.

FUNKY BOWL - Feb. 25

Funky Bowl will begin at 7 p.m. in the SUB Pin-n-Cue on February 25. Funky Bowl includes a different way to bowl each frame. Imagine bowling with your opposite hand, backwards, hopping on one foot, sitting down, holding hands with your teammate, and an all-time favorite, through the legs of your teammates. There will be prizes for the highest score and for other surprise reasons throughout the night. Refreshments will also be available.

The Need is Constant. Give Blood, So Others May Live - Mar. 3

There will be a blood drive on Northern's campus on the 3rd of March. It will be held that Tuesday in the SUB from 10:30 a.m. - 3:30 p.m. You can sign up online or contact Sherry Kegel at 265-3599, and she will be happy to sign you up.

Thanks, in advance, for taking the time to give blood and help save lives!

Lecture and Reception - Mar. 4

Sponsored by the MSU-Northern's Cultural Diversity Center, Vande Bogart Library and Chancellor's Lecture Series, the university will host "History of Women's Suffrage in Montana" with Dr. Anya Jabour on Wednesday, March 4, 2015. Her presentation begins at 6:30 PM in Hensler Auditorium - Applied Technology Center, followed by a Reception at 7:30 PM in the Library. The presentation is free and open to the public.

Dr. Jabour's lecture offers biographical sketches of some of Montana's most significant women reformers such as Jeannette Rankin, the Missoula pacifist who voted against U.S. entry into both world wars; Hazel Hunkins, a Billings woman who went to federal prison for picketing the White House on behalf of suffrage; Maggie Smith Hathaway, who pioneered child welfare legislation in the state; and Helen Piotopowaka Clarke, the first Native American woman elected to public office in the Montana Territory. Anya Jabour is a professor in the History Department and a past co-director of the Women's and Gender Studies Program at the University of Montana. In 2013, Professor Jabour was named the University of Montana's Distinguished Scholar.

For more information, please call MSU-Northern at (406) 265-3700.
Please visit the website to see the Spring 2015 Chancellor's Lecture Series:
<http://msun.edu/news/calendar/events2014/ChancellorSeries.aspx>

Upcoming Faculty Workshops

Tech Snacks: Intelligent Agents - Feb. 20

Tech Snacks are 15-minute professional development workshops for MSU-Northern faculty. This week's topic: Intelligent Agents. You can now set up Intelligent Agents in D2L: Think of them as helpful little robots that can make your life easier and your teaching more responsive. They can send you an email when a student is inactive in your class, when a student completes a particular assignment (or set of assignments), if a student did really well or really poorly on a test, and many other possible conditions. We can show you how to set up and use Intelligent Agents in your courses! Tech Snacks is happening today, Friday, February 20, in the Extended University office (Cowan Hall 110) at 10:30 a.m., 11 a.m. and 11:30 a.m., and in the Brockmann Center conference room at 1:30 p.m. and 2:30 p.m.

Graduation 2.0 Workshop - Feb. 20

Topics discussed at this session include Degreeworks, transferring credits and substitutions, general education paperwork and requirements, graduation paperwork, and tips from veteran advisors for new faculty and advisors. It will be held on February 20 in Brockmann 209 at noon.

Montana XLI Conference - Mar. 12-13

The Extended Learning Institute (XLI) is Montana's premiere distance and blended education conference. XLI is a chance for innovative educators and administrators to come together and share what they know

about applied educational technology. It will take place March 12-13 at Carroll College in Helena. For more information, visit <http://xli.carroll.edu/>

Weekly Articles

Writer's Café Menu Tip:

By Terry Blosser



Fridays by appointment.

Here's a "3R" system for improving your textbook reading for better writing. R1: Read the chapter paragraph by paragraph. Read and re-read until you can answer the question, "What did the author say?" R2: Record what's in the paragraph by underlining, making notes in the margin, or making notes in your notebook. R3: Recite your notes out loud without looking at them. Try, and try again until you can say it. (Academic Skills Center, Dartmouth College, 2001.)

Improve your writing assignments! Consult with Terry Blosser at the Writer's Cafe in the Library, Monday-Thursday 11 a.m.-1 p.m. and 5 p.m.-7 p.m., and

Tidbits

By Bill Lanier

At the 2015 Montana High School All Class wrestling tournament, three Northern Alumni led their high schools to state championships- Steve Komac, head coach at Great Falls High (AA), Scott Filius, head coach at Havre High (A) and Steve French, head coach at Choteau (B). Did you know that Steve's brother, Mark French, was a one time All-American and the first Northern wrestler to be a two time Academic All-American. Or did you know that Steve French was the first Northern wrestler to be a two time All-American AND a two time Academic All-American?

Two of coach Thivierge's 2015 recruits had big weekends at the state wrestling tournament. Havre High native Jace Billy won his second straight individual state championship, and Forsyth native Matt Weber won his fourth Individual title.

Congratulations to all!